



All support groups are free to anyone in the community to attend.

September 2023 Support Group Calendar



Sun	Mon	Tue	Wed	Thu	Fri	Sat
	<p>DRC Groups Available Digitally Please Use Link BELOW https://zoom.us/j/3232325276? pwd=VE8rR0xEZ2I3RzJJM1ZCMkswanFIUT09 Please Note Groups Password:DRC</p>				<p>1 12:pm Arts + Crafts (In Person Only) 1pm: Games Group (In Person only) 2pm: PR Art & Soul ONLINE ONLY click to join</p>	2
3	<p>4 CLOSED </p>	<p>5 10am: Hope and Cope (online & in person) 11am: Employment Group (online & in person) 12pm: Social Corner (PR) (in person only)</p>	<p>6 (IN PERSON ONLY) 11am: Freewriting 12pm: Improve Your Mood 1pm: Goal Setting 2pm: Karaoke/Open Mic</p>	<p>7 (IN PERSON & ONLINE) 10am: Good Morning Check In 12pm: Well-Being / Self Care 1pm: Spanish Group</p>	<p>8 12:pm Arts + Crafts (In Person Only) 1pm: Games Group (In Person only) 2pm: PR Art & Soul ONLINE ONLY click to join</p>	9
10	<p>11 (IN PERSON ONLY) 12pm: Healing Together 1 pm Got Games (PR) 2pm: Creative Hearts</p>	<p>12 10am: Hope and Cope (online & in person) 11am: Employment Group (online & in person) 12pm: Social Corner (PR) (in person only)</p>	<p>13 (IN PERSON ONLY) 11am: Freewriting 12pm Improve Your Mood 1pm: Goal Setting 2pm: Karaoke/Open Mic</p>	<p>14 (IN PERSON & ONLINE) 10am: Good Morning Check In 12pm: Well-Being / Self Care 1pm: Spanish Group</p>	<p>15 12:pm Arts + Crafts (In Person Only) 1pm: Games Group (In Person only) 2pm: PR Art & Soul ONLINE ONLY click to join</p>	16
17	<p>18 (IN PERSON ONLY) 12pm: Healing Together 1 pm Got Games (PR) 2pm: Creative Hearts</p>	<p>19 10am: Hope and Cope (online & in person) 11am: Employment Group (online & in person) 12pm: Social Corner (PR) (in person only)</p>	<p>20 (IN PERSON ONLY) 11am: Freewriting 12pm: Community Meeting 1pm: Goal Setting 2pm: Karaoke/Open Mic</p>	<p>21 (IN PERSON & ONLINE) 10am: Good Morning Check In 12pm: Well-Being / Self Care 1pm: Spanish Group</p>	<p>22 12:pm Arts + Crafts (In Person Only) 1pm: Games Group (In Person only) 2pm: PR Art & Soul ONLINE ONLY click to join</p>	23
24	<p>25 (IN PERSON ONLY) 12pm: Healing Together 1 pm Got Games (PR) 2pm: Creative Hearts</p>	<p>26 10am: Hope and Cope (online & in person) 11am: Employment Group (online & in person) 12pm: Social Corner (PR) (in person only) In person only</p>	<p>27 (IN PERSON ONLY) 11am: Freewriting 12pm: Improve Your Mood 1pm: Goal Setting</p>	<p>28 10am: Good Morning Check In 12pm: Well-Being / Self Care 1pm: Spanish Group</p>	<p>29 12:pm Arts + Crafts (In Person Only) 1pm: Games Group (In Person only) 2pm: PR Art & Soul ONLINE ONLY click to join</p>	30

Groups Ending with **PR** are facilitated by Project Return Peer Support Network.